1ST CONVERSATION YAZHÍ SWARUÚ - EVOLUTION OF SOULS
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Yazhí Swaruu Tasherit: Hello Cristina. Hi Estella. Thanks for being here today.
Estel·la: Hello Yazhi Swaruu. Thank you for inviting us, it is an honor for us.
Cristina: Thank you for sharing this space with us. How are you?
Yazhí Swaruu Tasherit: Very well, thank you. Very happy to be here with you. Thanks for accepting.
Cristina: We are very happy, too. Thank you.
Estel·la: Yes, we are very excited. You have taught us a lot.
Yazhí Swaruu Tasherit: You are welcome. Quite the contrary.
Cristina: We have studied all your teachings.
Yazhí Swaruu Tasherit: Thank you for being receptive as well. In the same way I really liked your videos and how you approach the topics. The completeness of your information. Feel free to ask me anything.
Cristina: You have commented that you are scalar and you can modify your frequency at your convenience. In what density would you define yourself, 6th, 7th? In all of them? Knowing that there are no densities that everything is a gradient and this is a human definition...
Yazhí Swaruu Tasherit: Yes, that is a human definition. A density is your range of perception. And your range of perception depends on your frame of reference to know how to interpret what you see. Everything is there, only you don't see it, because you don't understand it, so your mind only interprets it as what you already know. Without looking beyond. I use you here in a rhetorical sense.
So the more a person knows, understands and applies to their life, the more frame of reference they will have for understanding and perceiving more. And since a Density is itself characterized by the amount of detail, of data, a higher density sees or understands more data than a lower one. So a density is not something where people live, as it is said on Earth in traditional or New Age spiritual circles. But by definition there is a density for each person-consciousness or soul. And people only perceive apparently the same because they are in a comparable or equivalent range of understanding and perception, that is why they agree of the way things are.
These are the famous agreements, although there are more. But still each person will continue to see things in their own unique way. So a person with an understanding of 5D will be able to comprehend the understanding of 4D and 3D, because it is part of it, but not of 6D because they do not yet understand it. This as a first explanation of how to be scalar.
Estel·la: So in what range of perception do you define yourself in? To have an idea.
Yazhí Swaruu Tasherit: I don’t dare to give myself a density, I cannot assign myself one, I have no form. But I can describe how I do it and it's not that difficult... And the Universe, The Source, is just a frequency range like an FM radio range where it contains stations that people perceive as reality, although there are other stations playing other music and everything is superimposed, all at the same time sharing the same space, it is just that each person by their perception and frequency of personal soul will be able to listen to one station and not another.
Cristina: I understand. How 5 includes 4, 3, 2 and 1 but 3 does not include 4 or 5.
Yazhí Swaruu Tasherit: Exactly.
Estel·la: You can't you assign yourself one because you are constantly changing?
Yazhí Swaruu Tasherit: It's just that I'm only aware of what I can do, but when I do that, I don't find any traffic sign that says: "You're entering 7th density" For example. I just do what I do, whatever density it is.
Cristina: I understand. How you explained that in the Ether everything is contained, that depends on the frequency of the observer-consciousness what it can or cannot observe.
Yazhí Swaruu Tasherit: Yes, how do I do it?
I have never used this description before. You know that there are lucid dreams. Where with practice you can even manifest things in the dream. To do what you want knowing that you are dreaming. But in my experience and from what empirically I have seen, there is no material world.

Everything is mental, everything is an idea, everything is the astral. Everything is a dream. It is just that what is called reality has a certain linearity or temporal progression. Sleep does not, because it is another density where time is not linear. And the same temporal linearity of the world called material is illusory. Again, only with agreements.
So with practice when sleeping you have lucid dreams. But since reality is also the same... You enter a lucid dream where you are dreaming that you are in reality. With your belongings and the people around you. You enter vigil in sleep. Lucid Dream / Vigil in sleep.
So once there with more practice, what you dream, what you want to introduce into the dream is plated with objective reality. You have hacked the apparent causal or deterministic reality, I enter that trance at will, and with that I change density. It is reflected in the so-called real world.
Being that, for example, Taygetean women will see that suddenly I am no longer there, I have vanished. Because there is no material world. Everything is illusory and maintained with perception agreements.
It's just that I've had a lot of practice.
So, I can wish to be in Erra, in the forest, and there I am. Yes, it's mental, it's a dream.
But reality is also just a dream. From the Ether there is no space, there is no time, there are no distances. Like radio stations, there are all there in the same "space" you just tune in, tune in to what you want. And this is how ships do it too. They modify the frequency of them and everything inside to the destination's frequency. They cease to exist at the place of origin and appear at the destination. No time. Instantly (Only internal ship time is observed but that's another matter. SIT time). This is how a ship enters hyper space. So it is not propulsion.
Therefore, I must mention that for the Ether, in a certain way in the "astral" there is no locality; Principle of non-locality. Everything emanates from there. No need to travel. Just to change your frequency as needed.
Cristina: Wow fascinating that you have achieved this skill!
Estel·la: Yes, very interesting.
Yazhí Swaruu Tasherit: As I said in the video, it took time and practice, not overnight. But I have other ways of doing it or explaining it. Like taking something external to you and little by little in your mind, making it slower and slower, like the second hand of a clock.
Cristina: So I understand then that, you can perceive or experience the material world, what you called limitation or cage or be in the astral, at your convenience? Although I understand at the same time that everything is astral, that everything is mind...
Yazhí Swaruu Tasherit: Yes, and I do it all the time. Actually, I find it hard to stay in "reality", I need a lot of concentration, because I have a tendency to "go". Even so I have what is perceived as a normal physical body, freckles, fingers, hair...
And what I have realized is that all people are like that, it is just that they feel limited, but it is because they want to, in some way. This is not something unique to me.
Estel·la: Like if you were in the afterlife?
Yazhí Swaruu Tasherit: Yes, as in the afterlife.
Estel·la: Yeah, as we are now experiencing to feel the limitation of matter, to not being able to cross it. But you have already broken those rules. And you are in another stage of experimentation. Another node within the Ether, even though we are all the same.
Yazhí Swaruu Tasherit: Yes. But I also see that limitation, as strong as it may seem, is only illusory. What limits is fear. Perception that one is finite. Conservation and fear of death. And that is natural. But it is illusory.
Estel·la: Yes exactly, we create that limitation because we believe in it. It is the only thing that gives it power.
Yazhí Swaruu Tasherit: Yes, because you need it, for the experience. And for the contrast that is understood with that experience. The more limitation is perceived, the greater will be to appreciate the opposite.
Estel·la: How would you define having a certain temporal linearity to connect with people like us? How do you know when to connect, considering that there is no time? How do you perceive time now? Is it different from when you were with your colleagues?
Yazhí Swaruu Tasherit: Yes, that's why I can't live with them, I was hurting them. The only way to calculate

time for me is by looking at the time on the Internet server, the clock on the bottom right of the computer. That's also why I'm on Earth. So that in some way its frequency has me within a certain time frame. But I do experience problems over time, calculating it. Many times I disappear for several days and for me they are not so many. Today in the previous hour before I entered with you, I was walking outside. In contact with Earth, as if to land, to stay here.
Estel·la: I imagine if you go to take a walk through the forests of Erra, how can you be aware that it is time to return here? I understand you, it's complicated.
Yazhí Swaruu Tasherit: With the intention of returning to the same point in your temporal perception of this plane of existence where my body is. So I walk into Erra, and return only minutes after I left. For that it is better if I "park" my body somewhere safe before. As in meditation. But I no longer need meditation to enter that state.
Estel·la: And how do you make sure you return to the same timeline? Knowing that sometimes in the jumps with the ships, that is what happens, you go back to a timeline slightly different...
Yazhí Swaruu Tasherit: Just with my memory, I can't be completely sure. With practice. Leaving markers and returning to see if I am where I left. By the way many of the crop circles are just that, temporary spacecraft markers.
Estel·la: I was just thinking about it!
Cristina: Me too, it came to my mind.
Yazhí Swaruu Tasherit: That's why they made of plants or on them, because the figures have a finite life. And you can calculate the time since they were made. And they only last days or hours.
Cristina: What types of markers do you leave? Crop circles too?
Estel·la: Or something more personal in your case, right?
Yazhí Swaruu Tasherit: I leave leaf formations under a pebble. Or a drawing made with my finger in the sand. And several, not just one, in case something else accidentally moves the markers.
Estel·la: This reminds me of the spinning top used in the film Inception.
Yazhí Swaruu Tasherit: Yes. It is also that, exactly that.
Estel·la: Super, super interesting.
Cristina: It is very interesting, thank you very much for explaining it.
Yazhí Swaruu Tasherit: For example, this would work. To go out and come back before it stops spinning and falls. Or to return before the sea and its tide erases the pattern on the sand.
Cristina: Robert and Gosia have commented that you were on the Earth's surface... Are the 3D frequencies not affecting you now?
Yazhí Swaruu Tasherit: They do not affect me as they would with Taygeteans, they are part of me. The fact that 3D frequencies affect 5D beings is closely linked to their resistance to 3D, mentally. They don't accept it, they reject it, they see it as dangerous. The same with starseeds that feel bad on Earth. They must accept that they are also human, without resisting that. It will not take away your status as star beings. It is part of the whole.
Estel·la: Well, no wonder... just knowing that you can get "trapped" here, although we go back to that everything is mental and you decide to live that experience.
Yazhí Swaruu Tasherit: They get trapped on Earth, in 3D because they want to, everyone has their own reasons. When it is no longer useful to reincarnate there, they will not. About the astral beings that are there to force people to reincarnate, that is a belief system. It only happens if they want to find it. When they die, they are in the astral, so they manifest there what they expect to see. If they hope to be free, they will be so.
Cristina: I understand, as you said: "The only idea that limits you is your own idea that you are limited."
Yazhí Swaruu Tasherit: Aha, yes.
Estel·la: On what do you base most of your attention? What do you invest your time in?
Yazhí Swaruu Tasherit: In exploring the astral, exploring what I can do with my mind. Learning everything I can about all possible topics. I am an eternal student.
Cristina: Fascinating Yazhí, someday I would also like to be like you, an eternal student and explore the

astral.
Estel·la: For sure you already are, Cris.
Yazhí Swaruu Tasherit: Start today. Or you already are. It is that inexorable desire to understand everything. That defines soul expansion. That's it. That eternal curiosity.
Estel·la: Very beautiful.
Cristina: Yeah, we are in practice...
Yazhí Swaruu Tasherit: Always. It never ends.
Cristina: That's the cool thing that never ends. Eternal learning.
Estel·la: And what do you do in the astral? How would you define what you experience in there?
Yazhí Swaruu Tasherit: It is exactly like visiting distant places, exploring. It's like going on a trip. And no, there are no ugly beings that force you to return to the body, that again, you generate it, if you seek it. You control everything from there. It's just a lucid dream. With a lot of practice.
Estel·la: Are you constantly moving, without any routine?
Yazhí Swaruu Tasherit: If you saw what my routine would be like, observing what I do from the outside, you would see that I do not move further than a few hundred meters. That I am constantly looking into the distance, thoughtful. Or asleep. It is what happens in the mind that makes you fly.
Estel·la: Very interesting Yazhí.
Yazhí Swaruu Tasherit: Why am I here today? Why do I bother talking to R&G? Why with the Taygeteanas? Simply because they are family to me. And as for Taygeteanas, R&G... and also you...
Someone told me a long, long time ago... He answered my question: "What should I do with what I have in my mind?"
He said to me: You must pass it, you must share it. Don't keep that.
So since then, I share it. Whoever it serves. But it's not mine. It belongs to everyone, because this is how we all are. It is only because of the experience, that you have decided to temporarily forget. You are the Original Source, you are the Whole. You are everything.
Cristina: Thank you very much Yashí Swaruu Tasherit, we appreciate you very much.
Estel·la: Yes, I'm sending you back all the love you emanate.
Yazhí Swaruu Tasherit: And I to you.
Cristina: We appreciate very much everything the Taygeta team does, and R&G and everything you have shared with us today.
Yazhí Swaruu Tasherit: Thank you.